

# My Fitness Journal

Name: \_\_\_\_\_ Date: \_\_\_\_\_

How does my body feel when I'm active?



Energized



Tired



I want more

Is my attitude . . .



Happy



Sad



No different

Have I noticed a difference in how I concentrate and how I do my work? ☐ YES ☐ NO ☐ NOT SURE

My thoughts:

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Draw my Emoji of the day:

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